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## Comparison amount of interpersonal sensitivity, somatization and paranoid imaginations between athletic and non-athletic students of University

Rohollah Valizadeh <sup>a\*</sup>, Siroos Hosseini Askarabadi <sup>b</sup>, Mohsen Davodi <sup>c</sup><sup>a</sup>Department of genral physical education, Omidyeh Branch, Islamic Azad University , Omidyeh, Iran<sup>b</sup>Department of physical education, Behbahan Branch, Islamic Azad University , Behbahan, Iran<sup>c</sup>Medical Science of Shiraz University , Kazeron Hospital , Kazeron,Iran

### Abstract

“Health” can refer both to absent and present states. It is often used to mean the absence of disease or disability, but, just as often, health may refer to a state of fitness and ability, or to a reservoir of personal resources that can be called on when needed (Naidoo & Wills 2000). So the aim of present study is Comparison amount of interpersonal sensitivity, somatization and paranoid imaginations between athletic and non athletic men students of Islamic Azad University Omidyeh Branch. This is a descriptive study that has been done on men students of IAUOB. For evaluation of interpersonal sensitivity, somatization and paranoid imaginations the SCL-90-R (symptom check list-90-Revised) questionnaire by Derogatis and et al (1973) was used. Also we separated athletic and non athletic students with the use of amount physical activity. Therefore those students that had 3 session's regular exercise a week indicated as athletic and the other students that did not do any exercise a week indicated as non athletic. The statistical population of this research was all men students of University that from them 200 persons (athletic= 100 & non athletic = 100) by randomly filled out the psychiatric symptom questionnaire. The statistical analyze ion of data has been done by computer and SPSS program with the use of independent samples test method and also  $\alpha \leq 0.05$ . The results show that there is significant difference ( $p$ -value=0.037) between mean of scores in athletic and non athletic students on variables of somatization (athletic=0.46 $\pm$ 0.52) (non athletic=0.78 $\pm$ 0.60) But there is no significant differences on variable of interpersonal sensitivity ( $p$ -value=0.343) and paranoid imaginations ( $p$ -value=0.822).

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Open access under [CC BY-NC-ND license](https://creativecommons.org/licenses/by-nc-nd/4.0/).*Keywords: interpersonal sensitivity, somatization and paranoid imaginations, wordsathletic, non athletic*

### 1. Introduction

Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (WHO) Man's body and spirit must not be considered as to separated factors, they must be considered both together; the necessary basis for their growth and

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\* Rohollah Valizadeh. Tel.: +98-916-986-8067; fax: +98-652-322-2533.

E-mail address: [valizadeh8328@gmail.com](mailto:valizadeh8328@gmail.com)

efflorescence must be available, because that absolute human is one whose existence girths must be grown. Nowadays psychologists know well that the Man's spirit is directly affected by his physical and body conditions, and reciprocally Man's body gestures are affected by his psychic and intellectual behaviour. (Norbert et al.,2004) in their research which named considering the relation between physical activities with mental health and life quality among German society concluded that there is positive correlation between stress and physical disabilities with life and health damages of people. Also there is positive relation between high physical activities with good life quality. (Mirchel et al.,2004) considered the effect of exercise in water on depression, pain and disabilities of 261 women, they reported the improvement of depression signs in exercising group.(Benson et al.,2009) conducted the effect of aerobic exercises on sexual and depression of 200 clinical patients, they concluded that aerobic exercises can decrease depression. From the above said, it can be concluded that people who don't participate in physical activities and have a sedentary life, are in physical and mental risks. Such people would have physical disorders such as cardio vascular, diabetes, blood pressure, several kind of joint pains, and also would have mental disorders such as depression, stress, disorder in social adequacy, decrease in self steam and self confidence. Depression and anxiety are disorders that between 9 to 26 percent of women and 5 to 12 percent of men have complained them (Robin, 1984) Therefore to attention of positives effects of physical activity and also confirm of saying another researchers we want to know that, is there any difference between athletic and non athletic students of Islamic Azad University Omidyeh Branch on variable of interpersonal sensitivity, somatization and paranoid imaginations.

## 2. Methods

This is a descriptive study that has been done on men students of IAUOB. For evaluation of interpersonal sensitivity, somatization and paranoid imaginations the SCL-90-R, (symptom check list-90-Revised) questionnaire by Derogatis et al (1973) was used. The statistical population of this research were all men students of Islamic Azad University Omidyeh Branch that from them 200 persons (athletic students= 100 & nonathletic students = 100) by randomly filled out the psychiatric symptom questionnaire. After the evaluation of interpersonal sensitivity, somatization and paranoid imaginations of statistical sample and collect of information the statistical analyze ion of data has been done by computer and SPSS program (version 15) with the use of independent samples test method (T-test) and also  $\alpha \leq 0.05$ .

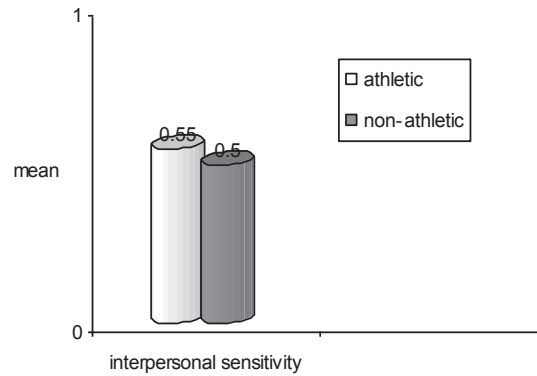
## 3. Results

1- Comparison between interpersonal sensitivity scores of athletic and non-athletic students show that there is no significant difference (P- VALUE = 0/343) in the significant level of ( $\alpha \leq 0.05$ ) between two groups. (See Table 1).

Table1: comparison interpersonal sensitivity of athletic and non-athletic groups

Variable	Groups	Number	Mean	Standard deviation	Freedom Degree	Amount of t	Significant level
interpersonal sensitivity	athletic	100	0/5533	0/49388	198	1/643	0/343
	Non athletic	100	0/5056	0/55575			

Also the below chart related to the scores of two groups shows that there is no significant difference between them. (See graph 1).



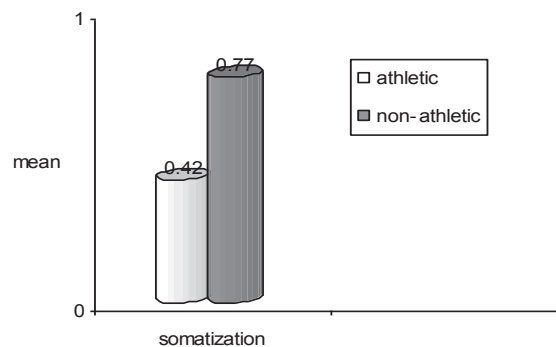
Graph1: interpersonal sensitivity scores of two groups

2- Comparison between somatization scores of athletic and non-athletic students show that there is significant difference (P- VALUE = 0/037) in the significant level of ( $\alpha \leq 0.05$ ) between two groups. (See Table 2).

Table2: comparison somatization of athletic and non-athletic groups

Variable	Groups	Number	Mean	Standard deviation	Freedom Degree	Amount of t	Significant level
somatization	athletic	100	0/4200	0/50944	198	-4/672	0/037
	Non athletic	100	0/7767	0/56864			

Also the data of the chart related to the scores of two groups show that athletic students have less physical complaint and better situation than non athletic group (See graph2).



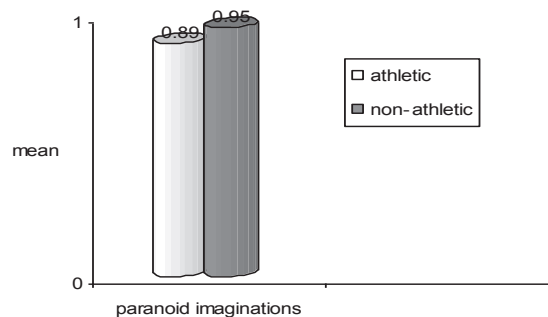
Graph2: somatization scores of two groups

3- Comparison between paranoid imaginations scores of athletic and non-athletic students show that there is no significant difference (P- VALUE = 0/822) in the significant level of ( $\alpha \leq 0.05$ ) between two groups. (See Table3).

Table3: comparison depression of active and inactive groups

Variable	Groups	Number	Mean	Standard deviation	Freedom Degree	Amount of t	Significant level
paranoid imaginations	athletic	100	0/8980	0/60897	198	-1/569	0/822
	non athletic	100	0/9510	0/72384			

Also the below chart related to the scores of two groups show that active students have less paranoid imaginations but this difference is not significant (See graph 3).



Graph3: paranoid imaginations scores of two groups

#### 4. Discussion and Conclusion

Most researches that have been done to investigate the physical activity and mental health of disabled people show that disabled people with athletic physical-movement are in better mental and physical health conditions than disabled people with non-athletic physical-movement. The results of (Coyel's, 1993) research, studying changes in leisure life style of disabled people with spinal cord injury and some of psychological variables such as depression, life satisfaction, social interaction and some of reliable relations suggests that people with an active lifestyle feel more satisfaction with their life and are less depressed and have more reliable relations than non-active people. (Foreman, Cull and Kirkby, 1997), investigated the Factors associated with exercise in a sample of 121 people all of whom suffered spinal cord injury. Data analysis showed that there are significant differences between athletes (67 cases) and non-athletes (54 cases) concerning the aspects of psychological dimensions. (Kennedy et al, 2003), also investigate the effects of sport activities in order to reduce anxiety and depression in people with spinal cord injury and observed that an exercise program during 6 weeks led to a reduction in depression and anxiety. This effect was located by comparing with the control group following a training program. Also the results of another researcher (Assis&Silva, 2006) show that physical activity has positive effect on psychiatric symptom. Therefore to attention the results of this study we can say that the some results of this research confirm the saying of past researchers.

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